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FM AMEMBASSY BRIDGETOWN  
TO RUEHSJ/AMEMBASSY SAN JOSE 0876  
INFO RUEHC/SECSTATE WASHDC 3983

UNCLAS BRIDGETOWN 002266

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TAGS: [EAID](#) [ASEC](#) [OTRA](#) [DO](#) [XL](#)

SUBJECT: COUNTRY CLEARANCE GRANTED TO MULLINGS FOR TRAVEL TO  
DOMINICA

REF: SAN JOSE 002808

¶1. Embassy Bridgetown grants country clearance for Audrey Mullings, OFDA/IRG consultant to travel to Dominica on or about January 9-12, 2007 to Co-facilitate Technical Assistance in Shelters and Shelter Management and Damage Assessment and Needs Workshops.

¶2. Understand Embassy assistance is not required. If you have any questions please contact Michael Taylor at Tel: (246) 228-8070 or Fax. (246) 228-8589/

¶3. Unfortunately, post's resources do not allow us the flexibility to meet and assist visitors at the airport. The exchange rate in Dominica is approximately 2.70 xcd (Eastern Caribbean) dollars for 1 U.S. dollar. U.S. currency, traveler's checks, and credit cards are routinely and widely accepted here.

¶4. Entry requirements: A valid U.S. passport is required to enter Dominica. No visa is required if your stay is under six months, including those travelers arriving with diplomatic or official passports. For further information, travelers may contact the Embassy of the Commonwealth of Dominica 1216 New Mexico Avenue, NW ¶20016.

¶5. Departure tax for Dominica xcd16.00 or USd10.00.

¶6. The following is general information pertaining to security and health considerations throughout the Eastern Caribbean:

#### Security

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In the Eastern Caribbean, foot travel outside of well-established tourist areas is not generally recommended especially at night. Be vigilant when using public telephones or ATM facilities near roadsides or quiet areas. As in many u.s. metropolitan areas, wearing expensive jewelry, carrying expensive objects, or carrying large amounts of cash should be avoided. Visitors should also safeguard valuables while at the beach. While hotels are generally safe, many visitors have experienced loss of unattended items. Hotel burglaries are not uncommon, and all valuables should be locked in room safes.

#### Health Information

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Throughout the eastern Caribbean, the most likely threat to a visitor's health is sunburn. It takes several weeks to become accustomed to the heat and humidity. Prolonged exposure to the sun, without protection, causes sunburn and may ultimately result in sun-damaged skin or even skin cancer. Sunscreens should be used for protection. In Barbados, St. Lucia, and St. Vincent the major health threat is dengue fever, transmitted by mosquito. Dengue cases are most often seen in the summer months. Persons should therefore protect themselves with insect repellent. There is also a growing number of HIV/AIDS cases reported. The Eastern Caribbean enjoys clean and safe drinking water. Only routine boosters for

immunizations (i.e. tetanus, diphtheria, and oral polio vaccine) are required when traveling to this region. Barbados has the best medical facilities of all the islands in the region and most of the medical specialties have practitioners here.

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